



PROCRASTINATION: A BEHAVIOR NEED TO BE CHANGED TO GET SUCCESS

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ABSTRACT

In this article, the authors have discussed a person's behavior of delaying a task that can be done well in time but chooses to do it on last minute. This behavior problem exists in almost every aspect in our daily lives. Procrastination is extremely preventive behavior mainly in school setting. This avoidance behavior psychologically termed as procrastination. In such type of behavior, a student procrastinates until the last minute and has to stay up all night to finish his academic task. Because of these students usually face low confidence and fear to fail in task accomplishment. We may think procrastination is a problem that only some people have but we are wrong. Studies suggest (and these people did not procrastinate their research) that 80-95% of college students engage in procrastination 75% considering themselves regular procrastinators, that is frankly speaking a lot of people doing their work on the last night. Procrastination appears to be troubling phenomenon.

Introduction

“Procrastination is the art of keeping up with yesterday” — Don Marquis

The origin of the term is derived from the Latin ‘Pro’ (Forward on in favor of) and ‘Crastinus’ (of tomorrow) and it refers to either avoiding a task altogether or deferring it to a later, often unspecified time. In an academic situation Senecal et al (2005) describe procrastination as ‘knowing that one is supposed to and perhaps even wanting to complete an academic task but failing to perform the activity within the expected or desired time frame’.

Procrastination involves avoiding doing what we know we should be doing. Sometimes we can be creative in our avoidance strategies. The best definition for procrastination is the delaying of a task that was originally planned despite expecting to be worse off the delay (Van Eerde, 2003). It is evident that all conceptualizations of procrastination recognize that there must be a postponing, delaying, or putting off a task or decision, in keeping with the term’s Latin origins of pro meaning “forward, forth, or in favor of, and crastinus, meaning “of tomorrow” (Klein, 1971).

Building on this base, one procrastinates when one delays beginning or completing an intended course of action (Beswick & Mann, 1994; Ferrari, 1993a; Lay & Silverman, 1996; Milgram, 1991; Silver & Sobini, 1981). Procrastination is a common behavior, mainly in school setting. The term procrastinate comes from the Latin word procrastinare which means to put off, delay, prolong, defer, stall, or postpone performing a task. It implies performing an alternative activity to the one intended, which is not synonymous with idleness (Schouwenburg, 2004).

Academic procrastination which can be named as reflection of daily postponement of school work, is defined as to delay duties and responsibilities related to school, or to save them to the last minute (Haycock, McCarthy & Skay, 1998). Procrastination behavior occurs as not completing the given assignments or delaying, Preparation for examinations (Beck, Koons, & Milgram, 2000).

Although procrastination is a phenomenon which is globally seen but equally likely unfavorable around the globe, it affects the individuals' daily routine in negative way (Letham, 2004; Hoover, 2005; Morelli, 2008; Schitt, 2008). Milgram (1991) proposed that procrastination is initially defined as a series of delay or postpone one task perceived as more important or satisfying, which results in the imperfect behavioral product; which further leads to emotional upset.

Procrastination dominates all areas of behavior and action but the most general form is academic procrastination which occurs in the academic setting. It is about having the knowledge that a student has to complete one or more tasks or administer any activity for example solving a term paper, preparing for exams, completing a class project or concluding a reading assignment, but lacking in motivation to do in a specified time period (Ackerman & Grass 2005)

Academic procrastination can lead to the failure of achievement of academic goals on destined time which result in the development of psychological distress in individuals (Ellis & Knus, 1977; Ferrari, Johnson & McCown, 1995). It also leads to inefficient behavioral outcomes and individual may feel problem in dealing with environment productively (Milgram, Mey-Tal, & Levison, 1998)

Type of procrastination

Procrastination research is a new field for researchers, but researchers have started to describe different types of procrastination among school settings. To

evaluate all these, there are two types of procrastinations, those are particularly common during research work, which are as follows: -

1. Behavioral Procrastination:-

Behavioral procrastination is a self-sabotage strategy that allows people to shift blame and avoid action, for example- a student may do poorly in an exam and use procrastination as an excuse. They'd rather create the impression that they lacked effort than ability.

Says Ferrari “They can blame their failure on the lack of time.” Ferrari also thinks that procrastinators suffer from Low esteem and self-doubt and worry about how other people judge their abilities. “Procrastinator views his self-worth as based on ability,” he says so according to his logic, “if I never finish the task, you can never judge my ability.”

Prolonged procrastination and failure to perform adequately create a cycle of self-defeating behavior, which results in a downward spiral of self-esteem. Self-inflicted degradation and shame of this kind often translates into stress and (mental) health problem at some point.

2. Decisional Procrastination:-

The decisional procrastination strategy is to put off taking a decision when dealing with conflicts or choices. People who practice high level decisional procrastination tend to be afraid of errors and are likely to be perfectionists. These procrastinators seek out more and more information about alternatives before attempting to make decision, if they make one at all.

Over informed decisional procrastinators run the danger of falling prey to further self-sabotage Strategy, called optional paralysis they create so many choices for themselves that they feel unable to choose, for fear of choosing an option that is less than perfect.

Characteristics

The Procrastinator is often remarkably optimistic about his ability to complete a task on a tight deadline; this is usually accompanied by expressions of reassurance that everything is under control. Therefore, there is no need to start. For example, he may estimate that a paper will take only five days to write; he has fifteen days there is plenty of time; no need to start now. There is enough time. At this point, considerable effort is directed towards completing the task, and work progresses. This sudden leaping of energy is the source of the inaccurate feeling that “I only work well under pressure.” Actually, at this point you are making progress only because you haven't any choice. Your back is against the wall and there are no alternatives. Progress is being made, but you have lost your freedom. Procrastination continuously makes you unproductive. A procrastinator person has following characters :-

- Procrastinators are late.
- Procrastinators find it hard to start working on something.
- Procrastinators always complain about how hard things are and how busy they are.
- Procrastinators don't have systems means no proper planning to accomplish a task.
- Procrastinators usually don't finish what they start.
- Procrastinators don't prioritize task which is important for them and which is

not.

- Procrastinators have too many things on their mind, and on their to-do list.
- Procrastinators often forget every important thing.
- Procrastinators check social networks and emails constantly and most often there's nothing new to see.

Stages of Procrastination

1 False security- The procrastinator may struggle with feelings of low self-confidence and low self-esteem. He may insist upon a high level of performance even though he may feel inadequate or incapable of achieving that level and he may feel false security towards his achievement.

stages of procrastination

1. false security



2. laziness



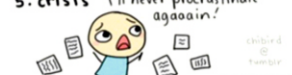
3. excuses



4. denial



5. crisis



6. repeat

For e.g. you look at your syllabus, and you see a 10-page paper due in six weeks. Six weeks? Who cares if you go out with your friends every night for the next few days? You've got plenty of time. Why did the professor even bother telling you about it so early?

2. Laziness- Procrastination may be used as an expression of Laziness, "Don't think you can push me around. I will do it when I'm good and ready." You have a load of extra time one week and you come across the assignment again. For a brief, fleeting moment, you think about getting started on it, just because you have time. Alas, laziness prevails, as usual.

3. Excuses or I'm Too Busy- Procrastination may be used to call attention to how busy he is. "Obviously, I cannot do such and such because my affairs are so complicated and so demanding. That is why I am late, etc." The procrastinator may even spend considerable time justifying his reasons; time that could be spent doing the work.

4. Manipulation or Denial- Procrastination may be used to control or manipulate the behavior of others. "They cannot start if I am not there." Let's face it: deliberate delay drives others crazy. Procrastinating person take things seriously like if anybody have an exam on next day, instead of preparation of exam he calculates leftover time and say he has enough time to prepare his syllabus.

5. Pressures or Crisis- Procrastination is often truly difficult to eradicate since the delay behavior has become a method of coping with day-to-day pressures and experiences. Obviously if one is cured, others will put new demands and expectations upon you. It's easier to have an excuse, to delay, to put off after.

6. A Frustrated Victim but repeats his behavior - The procrastinator often feels like a victim: he cannot understand his behavior or why he cannot get work done like others. The whole thing is a frustrating mystery. The reasons for his behavior are hidden from him. He tries to make promises to himself that not to repeat the same thing in future but sooner he forgets all the promises and again start to procrastinate.

How to remove procrastination

In psychology, it has long been believed that people who procrastinate have a faulty sense of time — that they think they will have more time to get something done than they do. Procrastinating behavior can be controlled majorly by using different types of exercises: -

1) Visualize

The next time that you feel as though you are procrastinating, use the following three steps to help you get started on your task. This is a technique that is used in neuro linguistic programming (NLP).

Think about your task as already being complete. Try to imagine what it would look like, feel like or sound like. The more senses that you can use, the more powerful your visualization will be. Focus on the benefits that you will get and the sense of relief that you will feel once it is over.

2) Intensify

The way to divide up your study tasks is by how long they take to complete. A study task shouldn't take you any longer than a half hour; this may vary, however, from person-to-person for some it could be 15 minutes, others an hour. If you have designated yourself a study task and you know it is going to take longer than an hour then you need to break this task down further to make it manageable. Breaking tasks down into their simplest components is a great way of stopping

procrastination.

3) Act

The next step is to intensify the pleasant feelings that you have associated with the completion of your task. Make your images bigger and brighter. Make feelings more intense. Make sounds louder, richer and more powerful. The idea here is to create an exaggerated version of reality, to create a mental representation that excites you and energizes you. Two phrases that you can use to help you in this regard are "do it now" and "just do it". Keep saying these phrases to yourself and you will find it very difficult to procrastinate.

Some other tips to get away from procrastination and get yourself on track-

- **Get rid of catastrophizing:-** One of the biggest reasons people procrastinate is because they catastrophize, or make a huge deal out of something. It may be related to how tough, how boring, or how painful it will be to complete the task. Challenges, boredom, and hard work will not kill you — or even make you sick. So, keep things in perspective: "Sure, this is not my favorite task, but I can get through it."
- **Get out your calendar:-** You need to schedule when you are going to work on a project, and block out that time, just as you would an important meeting. And when it is time to do your work, set a timer so you can be focused for the entire allotted time.
- **Excuses be gone:-** Do any of these sound familiar? "I need to be in the mood." "I will wait until I have time." "I work better under pressure." "I need X to happen before I can start." Stop it!
- **Chunk it:-** When a task seems overbearing, procrastination often follows. So how can you break that task into smaller, more manageable parts? For example, if you want to write a book, you may choose to make an outline, identify each chapter, figure out the sections in the chapters, and then commit to writing one segment at a time. Chunking it down like this will help you feel less overwhelmed and more empowered.
- **Optimize your environment:-** Your environment can help or hinder your productivity. Beware especially of technology, such as your email or messenger that keeps ping-pong to let you know someone has reached out. Social media, internet "research" that leads you far off track or phone calls can lead to procrastination.

So, try this: During your scheduled block of time for working on a particular task, close your email and IM, turn off your phone (or at least set it on "Do Not Disturb" mode and put it out of sight), and don't let yourself get on the web until you have completed the task, or hold off any necessary internet searches until the end.

Conclusion

Procrastination is a complex psychological behavior that affects everyone to some degree or another. With some it can be a minor problem; with others, it is a source of considerable stress and anxiety. It is only remotely related to time management you fool yourself by thinking up reasons to wait one more week or one more day. The best thing is that; procrastination is so easy to stop. You just have to quit being lazy, make up your mind to get it done, and just do it!

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